

# NEW HORIZONS

## York County Area Agency on Aging

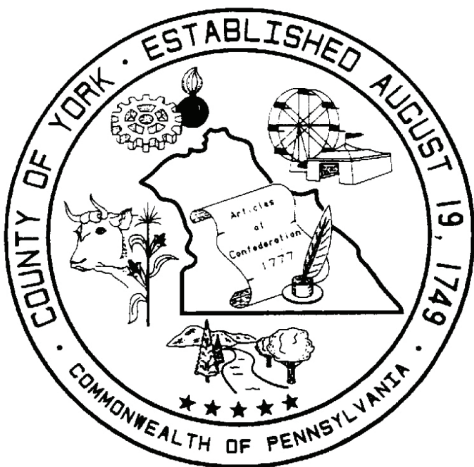
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Summer 2016

**Telephone:**  
(717) 771-9610 or  
1-800-632-9073

**Email:**  
aging@yorkcountypa.gov

**Website:**  
www.ycaaa.org



**President Commissioner**  
Susan P. Byrnes

**Vice President Commissioner**  
Doug Hoke

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## Keep Your Cool This Summer!

Heat-related deaths and illness are preventable yet many people succumb to extreme heat each year. People suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating. Under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly.

Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others. Infants and young children are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids. People 65 years of age or older may not compensate for heat stress efficiently and are less likely to sense and respond to change in temperature. People who are overweight may be prone to heat sickness because of their tendency to retain more body heat. People who overexert during work or exercise may become more dehydrated and susceptible to heat sickness. Lastly, people who are physically ill, especially with heart disease or high blood pressure or who take certain medications, such as for depression, insomnia, or poor circulation, may be affected by extreme heat.

Even short periods of high temperatures can cause serious health problems. During hot weather health emergencies, keep informed by listening to local weather and news channels or contact local health departments for health and safety updates. Doing too much on a hot day, spending too much time in the sun or staying too long in an overheated place can cause heat-related illnesses. Know the symptoms of heat disorders and overexposure to the sun, and be ready to give first aid treatment.

### Heat Stroke

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's

temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Warning signs of heat stroke vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim. Do the following:

- Get the victim to a shady area.
- Cool the victim rapidly using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim fluids to drink.
- Get medical assistance as soon as possible.

Sometimes a victim's muscles will begin to twitch uncontrollably as a result of heat stroke. If this happens, keep the victim from injuring himself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his or her side.

(Continues on page 12)



# From The Director

Dear Reader:

I am pleased to share with you that the Older Americans Act was just reauthorized by

Congress and signed

into law by the President of the United States. The Act had gone without reauthorization since 2011. The Older Americans Act is the foundation of aging services in our country and is based on and emphasizes the principles that Older Americans have the right to live independently and with dignity. There has been no greater need for the Act then at this moment. In a few short years, more than 77 million people will be over the age of 60 and more than 34 million people (mostly family and friends) will be supporting a loved one who is over 60. These numbers will continue to grow for the next several decades.

With this growth in the older adult population comes a new call for volunteers. Our Agency is lucky to have many volunteers who give of their time and talents; however, we know the need will surpass our volunteer resources. In 2015, volunteers contributed

10,038 hours to our Agency, which equates to \$214,367 of in-kind contribution. This is a large contribution that we could not otherwise afford.

Those who volunteer to assist the older adult population are often older adults themselves. They share the great enjoyment in assisting others that live in their community. Volunteers often tell us that their lives have been enriched by their volunteer work and they feel happier. Numerous studies of older adults have found that those individuals who reported providing support to friends, relatives, and neighbors had lower rates of mortality five years later than those who had not reported providing support. In addition, providing support was found to have a stronger impact on longevity than receiving support from others.

We all know there are no guarantees that volunteering will ensure a longer life; however, it might be worth the chance. If you are interested in receiving more information about becoming a volunteer, please contact our office or your local senior community center. There are many types of opportunities available and there is no minimum time commitment.

I hope many of you have the opportunity to participate in the 2016 York County Senior

Games from Monday, June 20<sup>th</sup> through Friday, June 24<sup>th</sup>. The games are always a reminder that aging does not have to be limiting. I would also remind everyone that the 2016 Summer Olympic Games will be held in Rio de Janeiro, Brazil. The games will take place from August 5<sup>th</sup> through 21<sup>st</sup> and will feature 10,500 athletes from 204 countries and will include three new sports that were added since the 2012 London Summer Olympic Games. Golf, kitesurfing, and rugby have been added to the contested sports which now numbers 42 in all.

I have to admit to feeling very patriotic during the Olympics. I take great pride in cheering for our athletes as they compete against the rest of the world. I can almost feel their emotions when they stand on the podium to receive their medal or when they are disappointed in defeat. Win or lose, these athletes represent us on the world's stage and deserve our best wishes and support.

*Mark W. Shea*



## NEW HORIZONS

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By

**York County Area Agency on Aging**  
100 West Market Street, York, PA. 17401  
Phone: (717) 771-9610  
1-800-632-9073  
FAX: (717) 771-9044  
E-Mail: [aging@yorkcountypa.gov](mailto:aging@yorkcountypa.gov)  
Website: [www.ycaaa.org](http://www.ycaaa.org)

**Mark W. Shea** YCAAA Director  
**Ross Stanko** Director of Operations and Outreach  
**Jenny Nace** Editor/Advertising Sales/Circulation

### Mission Statement

The primary focus of the York County Area Agency on Aging is to provide education, advocacy, and coordination of community-based services to empower older adults to maximize their independence and quality of life.

### Acceptance of Advertising

The advertisements in this newspaper are based on information supplied by the Advertisers. Inclusion in the newspaper does not imply endorsement of the product or service by YCAAA or the York County Commissioners, nor does exclusion imply disapproval. YCAAA accepts no responsibility for the quality of service provided by any organization listed.

### New Horizons Donation

The **New Horizons** is free to residents of York County, Pennsylvania. As publishing and postage costs continue to rise, donations are gladly accepted to offset the cost.

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Amount of Donation \_\_\_\_\_

### Please add me to the Mailing List:

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Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

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**New Horizons**  
**100 West Market Street**  
**York, PA 17401**

**Summer 2016**

*Please notify YCAAA to discontinue your mailed issue.*

## YCAAA STARS Volunteer of the Month

May

**Carol Deland**

New Horizons/Bulk Mail,  
General Office Assistant & Special Events

June

**Ephraim Sheffer**

New Horizons/Bulk Mail,  
General Office Assistant & Special Events

July

**Catherine Dietz**

APPRISE Counselor  
& Special Events

## YCAAA Advisory Council

The next York County Area Agency on Aging Advisory Council meetings will be held at 12:30 PM on

- Monday, June 13 and
- Monday, August 8

at the York County Department of Emergency Services, 120 Davies Drive, York.





# Elder Abuse Awareness

World Elder Abuse Awareness Day is observed on June 15<sup>th</sup>. The day serves as a call-to-action for individuals, organizations and communities to raise awareness about the growing problem of elder abuse, neglect and exploitation.

Each year hundreds of thousands of older persons are abused, neglected, and exploited by family members and others. Many victims are people who are older, frail, vulnerable and cannot help themselves, and depend on others to meet their most basic needs.

In Pennsylvania, elder abuse is most concentrated among older adults over the age of 85. Since they comprise the majority of Pennsylvania's age 60+ population, those over age 85 are being abused at a rate more than twice as high as their proportion of the general aging population. The 80-84 age group is the next highest at 22%. The majority of those older adults needing protective services are females and are dependent on their abusers. Females represent 58% of all Pennsylvanians over 60 years of age. Based on this data and national statistics, females are abused more often than males.

The Older Adults Protective Services Annual Report by the Pennsylvania Department of Aging has found the following:

- 657 Reports of Need were received for protective services in fiscal year 2014-2015 in York County. Of those 657 reported, 407 (62%) were investigated and unannounced visits made. Of the 407 investigated cases, 122 (30%) were substantiated as needing protective services.
- In PA in fiscal year 2014-2015; 23,105 Reports of Need were taken for protective services; 12,034 were investigated and of those, 4,030 were substantiated as needing protective services.
- York County ranks above the state average in Reports of Need taken, investigations, and substantiated cases.
- Perpetrators age 31-60 represent 46% of alleged perpetrators. 58% of perpetrators are female, based on the fact that most caregivers are female. 42% are male abusers.
- Non-related females are the most frequent perpetrators, compared to daughters, sons and non-related males.
- When a spouse was the abuser, it was more likely to be the husband.

## Generally Accepted Definitions

Elder abuse is an umbrella term referring to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult.

- Physical abuse is inflicting, or threatening to inflict, physical pain or injury on a vulnerable elder, or depriving

them of a basic need.

- Sexual abuse is the infliction of non-consensual sexual contact of any kind.
- Emotional or psychological abuse is the infliction of mental or emotional anguish or distress on an elderly person through verbal or nonverbal acts.
- Financial or material exploitation is the illegal taking, misuse, or concealment of funds, property, or assets of a vulnerable elder.
- Neglect is the refusal or failure by those responsible to provide food, shelter, health care, or protection for a vulnerable elder.
- Abandonment is the desertion of a vulnerable elder by anyone who has assumed the responsibility for care or custody of that person.
- Self-neglect is characterized as the behavior of an elderly person that threatens his/her own health or safety.

## Warning signs of elder abuse

While one sign does not necessarily indicate abuse, some tell-tale signs that there could be a problem are:

- Bruises, pressure marks, broken bones, abrasions, and burns may be an indication of physical abuse, neglect, or mistreatment.
- Unexplained withdrawal from normal activities, a sudden change in alertness, and unusual depression may be indicators of emotional abuse.
- Bruises around the breasts or genital area can occur from sexual abuse.
- Sudden changes in financial situations may be the result of exploitation.
- Bedsores, unattended medical needs, poor hygiene, and unusual weight loss are indicators of possible neglect.
- Behavior such as belittling, threats and other uses of power and control by spouses are indicators of verbal or emotional abuse.
- Strained or tense relationships and frequent arguments between the caregiver and elderly person are also signs.

Most important is to be alert. The suffering is often in silence. If you notice changes in personality or behavior, you should start to question what is going on.

## Signs of Self-Neglect

Tragically, sometimes elders neglect their own care, which can lead to illness or injury. Self-neglect can include behaviors such as:

- Hoarding
- Failure to take essential medications or refusal to seek medical treatment for serious illness
- Leaving a burning stove unattended
- Poor hygiene
- Not wearing suitable clothing for the weather

- Confusion
- Poor nutritional habits
- Inability to attend to housekeeping
- Dehydration

Self-neglect accounts for the majority of cases reported to adult protective services. Oftentimes, the problem is paired with declining health, isolation, Alzheimer's disease or dementia, or drug and alcohol dependency.

In some of these cases, elders will be connected to supports in the community that can allow them to continue living independently. Some conditions like depression and malnutrition may be successfully treated through medical intervention. If the problems are severe enough, a guardian may be appointed.

## Voluntary Reporting Suspected Elder Abuse

Any person who believes that an older adult is being abused, neglected, exploited or abandoned may file a report 24 hours a day with any Area Agency on Aging by calling the statewide elder abuse hotline at 1-800-490-8505, or in York County by calling (717) 771-9610 or 1-800-632-9073. Abuse reports can be made on behalf of an older adult whether the person lives in the community or in a care facility such as a nursing home, personal care home, hospital, etc. Reporters may remain anonymous and they will have legal protection from retaliation, discrimination and civil or criminal prosecution.

## Mandatory Reporting

Employees and administrators of nursing homes, personal care homes, domiciliary care homes, adult day care centers and home health care are mandated by Act 13 of 1997 to immediately report any suspected abuse of a recipient of care to the Area Agency on Aging. If the abuse involves serious injury, sexual abuse or suspicious death, reporters must also call police and the Pennsylvania Department of Aging. In addition, the reporter may also call the Pennsylvania Department of Health Nursing Home Complaint Line at 1-800-254-5164. Failure to report as required by Act 13-1997 can result in administrative or criminal penalties.

Every report of abuse received by the Area Agency on Aging must be investigated to determine if the reported victim needs help to protect him/herself from abuse, neglect, exploitation or abandonment. Each report must be classified as emergency, priority or non-priority. Emergency reports are investigated immediately; priority reports are investigated within 24 hours and non-priority reports within 72 hours.

*Source: Pennsylvania Department of Aging*

# 2016 York County Senior Games



Join in the fun as the York County Senior Games, being held Monday, June 20<sup>th</sup> through Friday, June 24<sup>th</sup>, celebrates a 15-year anniversary! There's still plenty of time to register for one or more of the 44 different events being offered during this year's Games.

The mission of the York County Senior Games is to promote healthy lifestyles and fitness for York County men and women aged 50 and older. The Senior Games are organized by the York County Area Agency on Aging in conjunction with the Senior Games Planning Committee. The Games are made possible by sponsors, community and business volunteers, and Agency staff.

Any York County resident 50 years of age or older as of December 31, 2016 may participate. Age groups are 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89 and 90+.

Event coordinators reserve the right to consolidate age divisions for competition based on insufficient entries and can modify event rules and formats or cancel events. Medals will be awarded within each age group. Some events are open to men and women separately.

There is a \$15 registration fee for an unlimited number of events.

Registrations should be submitted as early as possible because of limited openings in certain events.

The registration fee is non-refundable. There are additional fees, payable at the event site, for some events.

Registration booklets can be obtained by contacting the York County Area Agency Aging at (717) 771-9001 or 1-800-632-9073, or by email at [aging@yorkcountypa.gov](mailto:aging@yorkcountypa.gov). Registration booklets and forms are also available at [www.ycaaa.org](http://www.ycaaa.org) on the "Forms and Documents" page.

The Senior Games registration area, located inside the main entrance at Central York High School, will open at 9:00 a.m. on Monday, June 20<sup>th</sup> and will remain open every day from 9:00 a.m. to 3:00 p.m. through Friday, June 24<sup>th</sup>. Participants can pick up their participant bag, Senior Games t-shirt, and register for additional events at this area.

Come and see why the Senior Games are so special to so many people! Some participate for the competition, whereas others for the reward of accomplishment or camaraderie. Some look forward to the reunion of participants while others have made lifelong friends through attending the Games. Don't miss this wonderful opportunity to enjoy the fun, fitness and fellowship of it all!

**Games for Fun, Games for Life!**

## Event Schedule

(All events at Central York High School unless otherwise noted)

### Monday, June 20, 2016

**Bowling** (Hanover Bowling Centre)  
Singles 9:00 AM  
Doubles 12:00 PM  
**Basketball 3-on-3** 5:30 PM

### Tuesday, June 21, 2016

**OPENING CEREMONY** 8:15 AM  
**Bocce**  
Ages 80+ 9:00 AM  
Ages 75-79 10:00 AM  
Ages 70-74 11:00 AM  
Ages 65-69 12:00 PM  
Ages 60-64 1:00 PM  
Ages 50-59 2:00 PM  
**Ladder Golf** Drop In 9:00 AM – 2:00 PM  
**Soccer Kick** Drop In 9:00 AM – 2:00 PM  
**Washers** Drop In 9:00 AM – 2:00 PM  
**Wii Archery** Drop In 10:00 AM – 3:00 PM  
**Mini Golf** (Heritage Hills Golf Resort)  
Drop In 1:00 – 5:30 PM

### Wednesday, June 22, 2016

**Running**  
100 Meter 8:00 AM  
5K 9:00 AM  
50 Meter 9:45 AM  
4X100 Relay 10:45 AM  
400 Meter 11:15 AM  
Sprint Medley 11:45 AM  
1600 Meter 12:15 PM

### **Shuffleboard**

Ages 80+ 10:00 AM  
Ages 75-79 11:00 AM  
Ages 70-74 12:00 PM  
Ages 65-69 1:00 PM  
Ages 60-64 2:00 PM  
Ages 50-59 3:00 PM

### **Throws:**

### **Football, Frisbee & Softball**

Drop In 9:00 AM – 2:00 PM

### **Target Shooting**

(Izaak Walton League)

1:00 PM

### **Hoops:**

### **Foul Shooting & Hot Shot**

Drop In 3:00 – 5:00 PM

### **Trap Shooting**

(Izaak Walton League)

Optional practice 5:00 PM

Event begins 6:00 PM

### Thursday, June 23, 2016

**9-Hole Golf** (Little Creek Golf Course)  
8:00 AM

**Horseshoes** (John Rudy Park)  
Singles 8:00 AM  
Doubles 12:00 PM

**Darts** Drop In 9:00 AM – 3:00 PM  
**Wii Bowling** Drop In 9:00 AM – 3:00 PM

**500** 9:30 AM  
**Hoops:** **Foul Shooting & Hot Shot**

Drop In 3:00 – 6:00 PM



### Friday, June 24, 2016

### **Tennis**

Singles 8:30 AM  
Doubles 11:00 AM

**Darts** Drop In 9:00 AM – 1:00 PM

**Wii Bowling** Drop In 9:00 AM – 1:00 PM

**Pinochle** 9:30 AM

### **Swimming**

Warm up 9:30 AM

Freestyle 50 yd. 10:00 AM

Backstroke 50 yd. Immediately Following

Breaststroke 50 yd. Immediately Following

Freestyle 100 yd. Immediately Following

Backstroke 100 yd. Immediately Following

Breaststroke 100 yd. Immediately Following

Individual Medley Immediately Following

Freestyle Relay 200 yd. Immediately Following

**Poker** 12:30 PM

**CLOSING CELEBRATION** 3:30 PM

### **Triathlon**

Consists of 3 events: Softball Throw, 100 Meter Run and 50 Yard Freestyle Swim

To participate in the Triathlon, athletes are required to compete in all three events during each of the scheduled event times.

Points will be awarded according to distance/accuracy score in softball throw and times in swimming and running events.

Highest points win in age brackets as follows: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89, and 90+; Men's and Women's Divisions. Awards will be announced during the Closing Celebration.



## 15<sup>th</sup> Annual York County Senior Games Opening Ceremony



**Tuesday, June 21<sup>st</sup>  
8:15 AM**

Central York High School  
Front Lawn by  
Main Entrance

Join us for an exciting event of fellowship and celebration as we open the 15<sup>th</sup> annual York County Senior Games.

### Parade of Athletes kick off at 8:15 AM

All current and past participants are needed for the Parade of Athletes (meet in front of Central York High School by 8:00 AM)

Activities include:

- Veterans Color Guard Presenting the Flag Ceremony
- Singing of the National Anthem
- Greetings from York County Commissioners and Director of York County Area Agency on Aging
- Welcome from Platinum Sponsor ManorCare Health Services
- Recognized Gold Sponsors
- Musical Entertainment by Hearts in Harmony
- Lighting of the Torch

## Closing Celebration

**Friday,  
June 24, 2016  
3:30 PM**



Central York  
High School Cafeteria

Join the fun as we celebrate the week of memorable events!

Fellowship; Pictures; Triathlon Medal Winner Recognition & Ice Cream Social!

**All participants and their families are invited to come together for the Closing Celebration!**

## VOLUNTEER for the Senior Games!

Volunteers are still needed to assist with the 2016 York County Senior Games.

- Do you know someone who has a few hours to spare and can help?
- Would your club or organization be willing to volunteer?
- Do you know of a youth group or team who is looking for a volunteer opportunity?
- Would your employer or business allow employees to volunteer?

There are many different volunteer opportunities! Volunteering for the Senior Games can be just as much fun as participating in the events! To learn more about the many volunteer opportunities, call (717) 771-9001.

## THANK YOU SPONSORS! 2016 York County Senior Games

The Games would not be held without the financial support of these organizations!

### PLATINUM

ManorCare Health Services

### GOLD

SpiriTrust Lutheran <sup>TM</sup>

The Brunswick at Longstown & Colonial Manor Nursing and Rehab

### SILVER

Grane Home Health Care  
Heritage Senior Center

### BRONZE

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Hospital of York  
Liberty Social Club  
Memorial Hospital

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Rest Haven York  
Senior LIFE York  
VFW Post 2493

Viking Athletic Association  
Visiting Angels  
WellSpan Sports Medicine

### SUPPORTER

Hanover Hall Nursing & Rehabilitation Center

### MEDIA

NewsRadio 910 WSBA  
On-Line Publishers, Inc.

## Rent-A-Kid

**An intergenerational program bringing youth and older adults together**

The Rent-A-Kid Program allows older adults to hire local youth to assist them with various chores.

**To be eligible for the program you must be:**

- A York County resident
- 60 years of age or older
- Agreeable to reimbursement of a minimum of \$5/hour or a negotiated rate based on the job.



The various indoor and outdoor chores and other odd jobs can include:

- Computer and Electronic Device Support
- Dog Walking
- Gardening
- Lawn Mowing
- Letter Writing
- Light Housekeeping
- Pulling Weeds



**Call the  
Rent-A-Kid Coordinator  
at the  
York County Area Agency on Aging  
771-9103 or 1-800-632-9073**

[aging@yorkcountypa.gov](mailto:aging@yorkcountypa.gov)  
[www.ycaaa.org](http://www.ycaaa.org)

**Arrange for help BEFORE you need it.**

## Become a Witness for PA Lottery Drawings

Pennsylvania residents age 55 and older are invited to volunteer as witnesses for the Pennsylvania Lottery's evening televised drawings. Witnesses represent the public interest by helping to ensure the security and integrity of drawings. It's also a fun and interesting opportunity to go behind-the-scenes.

Witnesses perform different functions on two consecutive evenings, from 5:00 p.m. to 7:30 p.m. both nights, and will appear on the televised drawing show on one of the nights. Drawings take place at the studios of WITF-TV in Harrisburg. Volunteers are responsible for their own transportation and, if necessary, lodging. Witnesses often work in pairs, so volunteers may invite a friend. More information is available by calling (717) 702-8067.

# Secret to Healthy Aging and More

By: **Maria Rodriguez**  
**Penn State York Student &**  
**10 Keys™ to Healthy Aging Ambassador**

Older adults age very differently. Today we hear about older adults who are in the Olympics, skateboarding, running track and even professional dancing! How is this possible? Well, first, it is good to distinguish between chronological and developmental age. Chronological age is the number of years that have passed since your birth, whereas developmental age is the stage of mental, physical, emotional and intellectual maturity. If two older adults have the same chronological age of 65, but one of them seems to have the developmental age of a 40-year-old while the other has a developmental age of an 80-year-old, this tells us that age does not define how we should feel or look. It is quite amazing what older adults can do; what's the secret? The secret to a lifelong change in which you can age healthier both physically and mentally is by exercising. Yes, I said it, exercising is a very important routine needed for the body and thankfully anyone can start at any age to become a better "You" all around.

One of the ways exercising can lead to healthier aging is by lowering blood pressure. To do this, one must maintain a healthy weight and be physically active for at least 30 minutes, five days a week. When you come to think about it, there are 24 hours in a day, so just taking 30 minutes out of our day to exercise in reality seems like just a fraction of our day. Continue to keep in mind that you only will be exercising for 30 minutes and it will be over before you know it. For some individuals, it may need to begin as 10 minute increments – building up to 30

minutes. Of course, check with your physician before engaging in a new exercise regimen!

Physical activity can improve the condition of some diseases and sometimes it can even prevent them from developing. As we age, our bones become more fragile which can lead to the development of osteoporosis and osteopenia. Participating in weight-bearing, strength building and stretching activities are ways to keep healthy bones. Osteoarthritis, commonly referred to as degenerative arthritis or degenerative joint disease, involves the loss of cartilage between bones. Lack of physical activity increases the risk for osteoarthritis. Make it a goal to stay active and maintain muscle strength to support and protect your joints. The best type of exercise to do in this case would be "resistance training" such as using weights or dumb bells, resistance bands, exercise machines and isometric exercise, swimming and aqua aerobics.

There are many more reasons why you should be physically active. Benefits include:

- ability to live independently
- improved muscular strength and endurance
- improved balance, coordination and flexibility
- increased heart and lung function
- stress management
- better immune function
- improved sleep
- increased energy

Among the other benefits mentioned, exercise can help regulate blood Glucose and lower LDL (low density lipoproteins) cholesterol, both of which contribute to chronic illnesses if not maintained well.

Wow, doesn't it just amaze you - all the benefits you get out of exercising and it's only recommended to do at least 30 minutes a day! Physical activity does not have to be boring, but rather it can be something you do for fun every day. It all depends on your perception of exercising and if you are being enthusiastic about it. Take a friend with you to exercise – a buddy can make it much more enjoyable. Exercise does not require a gym membership but can involve enjoying outside activities. You can even do something that you used to do when you were younger like playing badminton, or biking. You can use the START technique to get you moving:

"S" - Set a date

"T" - Tell family, friends and co-workers that you plan to exercise and when you will finish

"A" - Anticipate and plan for the challenges

"R" - Remove unhealthy food and snacks from your home, car, and work, and lastly

"T" – Talk to your doctor about losing weight and what your ideal weight should be.

Do YOU want to become more active – come and join in on the fun at the York County Senior Games!

Do YOU want to learn more about the "10 Keys"™ to Healthy Aging Program? If so contact Megan Craley, Prime Time Health Coordinator at the York County Area Agency on Aging (717) 852-4902.

Sources: *The "10 Keys"™ to Healthy Aging Instructor Manual* (2016). A Centers for Disease Control Prevention Research Center, p. 5.32-5.33, p.5.37-5.43, p. 5.5, p.5.9  
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## YORK COUNTY WALKS

### *Taking steps toward better health!*

The Healthy York County Coalition's partner organizations have created the YORK COUNTY WALKS initiative to connect with individuals and organizations for the purpose of promoting the health benefits of walking, local walking opportunities, and increasing the walkability of our communities.

Medical professionals acknowledge the health benefits of physical activity and encourage walking as an excellent option for individuals of all ages and health conditions. Many local residents are not aware of the benefits of walking (for both mental and physical health) and of the excellent places to walk in the county.

### **Walking regularly leads to greater health and happiness:**

- ✓ Assists with weight loss.
- ✓ Helps improve mood and attitude.
- ✓ Helps with mental focus.

- ✓ Increases energy and ability to complete tasks.
- ✓ Reduces the risk of certain diseases and poor health conditions.
- ✓ Strengthens bones, increases muscle tone and flexibility.

### **Walking – the perfect exercise:**

- ✓ Affordable (Free!)
- ✓ Pleasant and easy to do.
- ✓ Flexible and can fit into your schedule in lots of little ways every day.
- ✓ Great way to spend time with family and friends, neighbors and coworkers.
- ✓ Great options for traveling to work or school (good for your waist, wallet and the world.)

**Need motivation? -- Watch this video:**  
<http://everybodywalk.org/documentary>

**Join the Movement:** Start walking today!

### **Save the Date!**



## **The Falls Free Coalition of York County**

**Visit the Falls Free area  
at the 50plus EXPO**

**September 28, 2016  
9:00 a.m. to 2:00 p.m.  
York Expo Center  
Memorial Hall East  
334 Carlisle Avenue, York**

**Interactive displays  
Risk assessments  
Balance and gait testing  
Exercise demonstrations  
Brown bag medicine review  
Info about falls prevention classes  
Demonstration of assistive devices  
Tips for caregivers  
Prizes & much more!**



# Planting a MyPlate Garden

**By: Lenelle Roberts, MEd**  
**Family Living Focus**  
**Penn State Extension, Capital Region**

Each year I learn something new about gardening. I know now that my tomato plants must be planted in my home garden and not my community plot. Nothing is more frustrating than tomato plants lying on the ground because they weren't staked up in a timely fashion. Plants that creep out for miles also need to be planted in the community plot and not at home where they make themselves comfortable sprawling out across the lawn. It's a real challenge to mow around a squash vine.

Here is my garden idea for this year- a MyPlate vegetable garden. With an emphasis to eat the MyPlate way, why not plant a MyPlate themed garden? MyPlate emphasizes eating from all the food groups-protein, grains, dairy, fruits and vegetables and making half your plate fruits and vegetables. While we can't plant a cow in our vegetable plot, we can plant produce rich in calcium. Most home gardeners may not have thought about planting grains; with the exception of corn, it can easily be done. Here is what I suggest for your first MyPlate garden:

**Protein:** Plant dry beans. Black beans and cannellini beans will grow quite nicely and provide you with an inexpensive supply of protein. When the children start to get bored

around mid-August you can put them to work shelling beans.

**Dairy:** Our goal here is to plant foods rich in calcium. Broccoli is commonly thought of when looking for a plant-based calcium source, but why not consider crops that return year after year? Asparagus and rhubarb are two vegetables that are fun to grow and eat and will provide you with a modest amount of calcium per serving.

**Grains:** If you want to plant something that will be real fun for the kids how about a row or two of popcorn? For something more exciting I would suggest Quinoa. With a growing popularity in American cuisine and its excellent protein content, quinoa is it. Since it first appeared in the American market it was only grown in one limited region in the Andean mountains. So it is remarkable that it can be successfully grown in a central PA climate. It is a showy plant that will add beauty to your garden with its spire of fuchsia color and provide a grain source rich in protein.

**Fruit:** Who doesn't love fresh strawberries? You can plant a small batch in pots or in the ground. You may also want to consider adding a few blueberry bushes to your landscape. Blueberries enjoy a certain PH level, and you will want to have your soil tested prior to planting. Consult with a Master Gardener (<http://extension.psu.edu/plants/master-gardener>) for assistance on growing the best

blueberry bushes. There are varieties that can be grown successfully in pots which may produce a better yield than dealing with soil management.

**Vegetables:** Since a diet rich in variety is important to overall good health, I would suggest that you select at least one variety of something you have not eaten before. I added parsnips to my garden last year and now they have become one of my favorite vegetables. Roasted in the oven, parsnips get sweet and creamy. They are a delightful addition to any dinner plate.

The basic message of MyPlate is to fill half of your plate with fruits and vegetables. Accessing your family garden to showcase each element of MyPlate will guarantee that you will have all you need to achieve this nutrition goal. To learn more about MyPlate go to <http://www.choosemyplate.gov/>.

Lenelle Roberts is a trainer and supervisor for the Capital Region Nutrition Links Program, which is one of the many programs of Penn State Cooperative Extension. Penn State is an affirmative action, Equal Opportunity University, and all interested individuals, regardless of race, color, sex, national origin, sexual orientation, age or disability, are encouraged to attend. Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact our office at (717) 921-8803 in advance of your participation or visit.

## Do You Have Concerns About Falling?



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

Older adults concerned about the risk of falling are encouraged to register for an upcoming series of free classes called "A Matter of Balance."

"A Matter of Balance" is an award-winning program designed for people who have concerns about falling, have fallen in the past, have restricted their activities because of falling concerns or who are interested in improving balance, flexibility and strength. The classes are offered by the Falls Free Coalition of York County.

Falls can be a serious concern for older adults. Each year, 2.5 million older people are treated in emergency departments for fall injuries, according to the Centers for Disease Control and Prevention. One out of three older people fall each year, but less than half tell their doctor. Falling once doubles a person's chances of falling again.

"A Matter of Balance" can help manage the risk of falls by teaching participants to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

The York County Area Agency on Aging urges interested older adults to register for one of the following programs:

### **Roth's Farm Village**

1395 Village Drive  
Spring Grove, PA

June 7 to June 30, 2016

Tuesdays and Thursdays

from 1:00 PM – 3:00 PM

To register: Megan Craley, 852-4902, ext. 231

### **Northeastern Senior Center**

131 Center Street  
Mt. Wolf, PA

July 11 to August 29, 2016

Mondays from 2:00PM – 4:00PM

To register: Northeastern Senior Center,  
266-1400

### **York Township Park Building**

25 Oak Street, York, PA 17402

August 3 to August 29, 2016

Mondays and Wednesdays

from 10:30 AM – 12:30 PM

To register: Megan Craley, 852-4902, ext. 231

### **West Manchester Township Building**

380 East Berlin Road, York, PA 17408

September 6 to September 29, 2016

Tuesdays and Thursdays

from 1:00 PM – 3:00 PM

To register: Megan Craley, 852-4902, ext. 231

### **Bob Hoffman YMCA in Dover**

1705 Palomino Road, Dover, PA 17315

September 7 to October 26, 2016

Wednesdays from 9:30 AM to 11:30 AM

To register: Reda Willis, 717-851-3082

### **WellSpan Neurology Office (conference room)**

228 St. Charles Way, Suite 200, York, PA 17402

September 12 to November 7, 2016

Classes are held on Mondays

from 9:30 AM to 11:30 AM

To register: Reda Willis, 717-851-3082

# 2016 Senior Farmers Market Nutrition Program



The York County Area Agency on Aging, in conjunction with the Pennsylvania Department of Agriculture, will again distribute fruit and vegetable vouchers to qualifying seniors. This program provides \$20

in vouchers to eligible York County seniors to buy fresh fruit and vegetables from participating local farm markets.

**York County residents who are 60 years of age or older by December 31, 2016, and have a total gross annual 2016 household income at or below \$21,978 for a single person or \$29,637 for a couple, are eligible to participate. All income is included when calculating total gross income.**

## Other important information includes:

- **Proof of age and York County residency must be shown to obtain your vouchers.**
- A 2016 Farmers Market Proxy Form is required if picking up vouchers for someone else. Proof of age and residency for the eligible individual and the proxy's ID are also required. Only 2016 Proxy forms will be accepted. The proxy is available in this issue, at local senior centers and at [www.ycaaa.org](http://www.ycaaa.org) on the 'Forms and Documents' page.
- One individual may not pick up vouchers with a 2016 Proxy Form for more than four people.
- Seniors who are living in a nursing home, personal care home, or other residential facilities where meals are provided are ineligible to receive vouchers.
- Individuals are eligible to receive the vouchers **only once** per calendar year.
- Vouchers can be redeemed from June 1<sup>st</sup> through November 30<sup>th</sup>.

**Vouchers will be distributed at the following locations for as long as the supply lasts:**

## **Prime of Life Festival (NEW LOCATION)**

York College Grumbacher Sport and Fitness Center  
441 Country Club Road, York  
**Thursday, May 26 9:30 AM – 2:30 PM**

## **Crispus Attucks Association**

605 South Duke Street, York  
**Wednesday, June 1 9:30 AM – 11:30 AM**

## **Heritage Senior Center, Inc.**

3700 Davidsburg Road, Dover  
**Thursday, June 2 9:00 AM – 11:30 AM**

## **Stewartstown Senior Center, Inc.**

26 South Main Street, Stewartstown  
**Friday, June 3 9:30 AM – 11:30 AM**

## **White Rose Senior Center, Inc.**

27 South Broad Street, York  
**Tuesday, June 7 9:00 AM – 11:30 AM**

## **Northeastern Senior Community Center**

131 Center Street, Mt. Wolf  
**Thursday, June 9 9:30 AM – 11:30 AM**

## **Delta Area Senior Center, Inc.**

5 Pendryus Street, Suite 1, Delta  
**Tuesday, June 28 9:30 AM – 11:30 AM**

## **Susquehanna Area Senior Center, Inc.**

2427 Craley Road, Wrightsville  
**Wednesday, June 29 9:30 AM – 11:30 AM**

## **Dillsburg Senior Activity Center, Inc.**

1 North Second Street, Dillsburg  
**Thursday, June 30 9:30 AM – 11:30 AM**

## **Yorktown Senior Center, Inc.**

509 Pacific Avenue, York  
**Tuesday, July 5 9:30 AM – 11:30 AM**

## **Windy Hill on The Campus**

1472 Roth's Church Rd, Suite 103, Spring Grove  
**Wednesday, July 6 9:30 AM – 11:30 AM**

## **Red Lion Area Senior Center, Inc.**

20-C Gotham Place, Red Lion  
**Friday, July 8 9:00 AM – 11:30 AM**

## **Hanover Council of Churches**

136 Carlisle Street, Hanover  
**Tuesday, July 12 9:30 AM – 11:30 AM**

## **Red Land Senior Center, Inc.**

736 Wyndamere Road, Lewisberry  
**Wednesday, July 13 9:30 AM – 11:30 AM**

## **South Central York County Senior Center, Inc.**

150 East Main Street, New Freedom  
**Thursday, July 14 9:30 AM – 11:30 AM**

## **Brown's Orchards & Farm Market (Pavilion)**

8892 Susquehanna Trail South, Loganville  
**Tuesday, July 19 9:30 AM – 11:30 AM**

## **Flinchbaugh's Orchard & Farm Market (Pavilion)**

110 Ducktown Road, York  
**Thursday, July 21 9:30 AM – 11:30 AM**

## **White Rose Senior Center, Inc.**

27 South Broad Street, York  
**Tuesday, July 26 9:00 AM – 11:30 AM**

## **Calvary Bible Church (Lobby) (NEW SITE)**

603 Wilson Avenue, Hanover  
**Thursday, July 28 9:30 AM – 11:30 AM**

## **St. Matthews Evangelical Lutheran Church (Lobby) (NEW SITE)**

839 West Market Street, York  
**Thursday, August 4 9:30 AM – 11:30 AM**

## **FOOD FACTS:** *Selecting and Serving Raw Produce Safely*

Fruits and vegetables are an important part of a healthy diet. Local markets carry a wide variety of nutritious fresh fruits and vegetables. However, harmful bacteria that may be in the soil or water where produce grows can come in contact with fruits and vegetables and contaminate them. Fresh produce may also become contaminated after it is harvested, such as during storage or preparation.

Eating contaminated produce can lead to foodborne illness, often called "food poisoning." As you enjoy fresh produce, follow these safe handling tips to help protect you and your family.

### **Buy Right**

**You can help keep produce safe by making wise buying decisions.**

- Choose produce that is not bruised or damaged.
- When buying pre-cut, bagged or packaged produce — such as half of a watermelon or bagged salad greens — choose only those items that are refrigerated or surrounded by ice.
- Bag fresh fruits and vegetables separately from raw meat, poultry, and seafood when packing them to take home from the market.

### **Store Properly**

**Proper storage of fresh produce can affect both quality and safety.**

- Store perishable fresh fruits and vegetables (like strawberries, lettuce, herbs, and mushrooms) in a clean refrigerator at a temperature of 40° F or below. Use a refrigerator thermometer to check! If you're not sure whether an item should be refrigerated to keep its quality, ask your grocer.
- Refrigerate all produce that is purchased pre-cut or packaged.



Separate for Safety

Keep fruits and vegetables that will be eaten raw separate from raw meat, poultry, and seafood — and from kitchen utensils used for those products.

- Wash cutting boards, dishes, utensils, and countertops with soap and hot water between preparing raw meat, poultry, and seafood and preparing produce that will not be cooked.
- If possible, use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- If you use plastic or other non-porous cutting boards, run them through the dishwasher after use

Prepare Safely

When preparing any fresh produce, begin with clean hands. Wash your hands for at least 20 seconds with soap and warm water before and after preparation.

- Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Throw away any produce that looks rotten.
- Wash all produce thoroughly under running water before preparing and/or eating, including produce grown at home or bought from a grocery store or farmers’ market. Washing fruits and vegetables with soap, detergent, or commercial produce wash is not recommended.
- Even if you do not plan to eat the skin, it is still important to wash produce first so dirt and bacteria are not transferred from the surface when peeling or cutting produce.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- After washing, dry produce with a clean cloth towel or paper towel to further reduce bacteria that may be present on the surface.

What About Pre-Washed Produce?

Many pre-cut, bagged, or packaged produce items are pre-washed and ready-to-eat. If so, it will be stated on the packaging, and you can use the produce without further washing.

If you choose to wash produce marked as “pre-washed” or “ready-to-eat”, be sure that it does not come in contact with unclean surfaces or utensils. This will help to avoid cross contamination.

Source: FDA; [www.fda.gov](http://www.fda.gov)



2016 ELIGIBILITY & PROXY FORM

RIGHTS AND RESPONSIBILITIES

I have been advised of my rights and obligations under the SFMNP. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

Participant Name: \_\_\_\_\_ Date \_\_\_\_\_  
(Person the checks are for)

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Birthday \_\_\_\_\_  
(month/year)

Income guidelines: \$21,978 1 person in the household; \$29,637 for 2 people in the household

Please circle the most appropriate identifier for each.

Ethnicity: Ethnicity Hispanic or Latino Not Hispanic or Latino  
Race: American Indian or Alaskan Native Asian Black or African American  
Native Hawaiian or other Pacific Islander White

Proxy Name: \_\_\_\_\_ Date \_\_\_\_\_  
(Person picking up the checks)

Address: \_\_\_\_\_

I hereby acknowledge with my signature that I am a Pennsylvania resident, I am 60 years or older and my household income is within the income guidelines for participation in SFMNP.

Participants Signature \_\_\_\_\_ (Person checks are for)

Proxy Signature \_\_\_\_\_ (Person picking up checks)

Check numbers Received \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**\*\*The proxy must take this form to a distribution site in the county you reside. DO NOT MAIL**

**IDENTIFICATION IS REQUIRED FOR BOTH THE PARTICIPANT AND THE PROXY**

SNAP - Supplemental Nutrition Assistance Program

SNAP, formerly known as food stamps, helps eligible low-income households in Pennsylvania buy the food they need, so they can stretch their budgets and make ends meet. SNAP participants receive an Electronic Benefits Transfer (EBT) ACCESS Card, which acts like a debit card to make food purchases.

Pennsylvania residents who are 60 years of age or older, and have a gross monthly income of \$1,962 or less for a single person or \$2,656 gross monthly income for a

two-person household, are eligible to apply. Resources or assets are no longer considered in determining eligibility.

Applicants can call the Central PA Food Bank Helpline at 1-877-999-5964 for assistance in applying by phone. Applications can be downloaded or filed online using COMPASS at [www.dhs.pa.gov](http://www.dhs.pa.gov) or in person at the York County Assistance Office. Anyone with questions about SNAP can call the PA Department of Human Services Helpline at 1-800-692-7462.

# COMMON SKIN SPOTS AND MOLES IN OLDER ADULTS

By: **Chelsea Harrison, M.D.**  
**Thomas Hart Family Practice**  
**York Hospital**

What is that thing on my arm? Spots and bumps on the skin are very common in older adults, and often, as you age, you may notice new spots that were not there when you were younger. How do you know when these areas are nothing to worry about, or when they may be something more serious? Read on to learn more about some of the most common spots you might notice with age and how to know when to call your doctor.



## Solar lentigo (Age spot)

A solar lentigo, more commonly known as an age spot, is an area of skin that is darker than the surrounding skin. Cells in the skin surface called melanocytes normally create pigment in the skin. In a lentigo, these cells are more active, which makes the patch of skin darker. These tend to appear in areas of skin that get the most sun, such as your face, backs of your hands, and shoulders. Usually more than one are present in those areas. They are flat to the skin. If you run your finger over the area, you don't feel any difference from your normal skin. They are usually tan to brown in color and have irregular borders. They can be anywhere in size from smaller than the diameter of a pencil up to around the size of a quarter. Sunburns increase your risk of developing these. They are benign and do not turn into cancer.

## Seborrheic Keratosis (SK)

A seborrheic keratosis, or SK, is a growth on the skin. It is a bump you can feel if you close your eyes and run your finger over it. It usually looks like something that was stuck on the skin. Sometimes they are mistaken for common warts. They can range in color from light tan to black. They have a distinct border. They can look scaly or waxy on the surface. Often, people can have many of these. They are most commonly found on the chest, back, arms, and face. Sometimes they may dry up and flake off if you scratch over them. They may grow back again in the same area. These are not cancer and they do not turn into cancer.

## Actinic Keratosis (AK)

An actinic keratosis, or AK, is a rough spot of skin caused by sun damage. Unlike age spots, these are rough or bumpy. You can feel a difference in the skin if you run your finger over them. Sunburns and frequent exposure to the sun increase your risk of developing these. They may look like a flaky area of dry skin that just never seems to go away. These are more common in people with fair skin and light hair. These occur in similar areas as age spots that get a lot of sun: face, scalp, backs of hands and arms. Sometimes they go away on their own, but most of these need treatment because these can turn into skin cancer over several years. Your doctor may freeze them, or use a chemical or cream on them to get rid of them.

## Signs of concern

When people develop new skin spots, they often worry about melanoma, which is a serious type of skin cancer. These can look like normal moles or birthmarks but usually have specific features that make them different. These can be remembered by thinking of the ABCDE rule. A stands for asymmetry – one side of the spot looks different than the other half. B is for

border. Melanoma usually has a jagged edge. C is for color. Bad spots can have several different colors together within the mole. D is for diameter. If the area is larger than the eraser on the end of a pencil, it is more likely to be something to get checked out. E is for evolution – is the spot changing? You should watch spots that concern you over time to see if they grow or change in any way. If you notice any of the ABCDE's in a spot on your skin, you should discuss this with your doctor. They may want to take a piece, called a biopsy, or remove the whole spot entirely. The best prevention for this type of skin cancer is avoiding sunburns and excess sun exposure.

## Other tips and tricks

If you are the kind of person who has a lot of moles, it can be tough to figure out which ones might be cancer. Another rule of thumb is the "ugly duckling" rule. If you have many moles, you want to take a step back from the mirror and look at the whole picture. If you have moles that have one of the concerning features above, but they all look fairly similar to each other, that's a good sign. You want to look for the one that stands out, the "ugly duckling" mole. If one stands out, you should point this out to your doctor.

Once last word of advice – you always need someone to "watch your back." Skin cancer can develop on your back where you can't see it yourself. If you have a partner or a family member who can check your back occasionally, this can help you catch bad spots early.

So when do you call the doctor? If you are ever concerned, or not sure what a skin spot is, it is always a good idea to ask your doctor to take a look. He or she may look at the area under a special light or with a magnifier to further determine what it might be. Always remember to mention skin spots of concern at your regular checkup so that your doctor can keep you in the best health possible.

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## Visit With Our Volunteer Coordinator

Would you like to learn more about some exciting volunteer opportunities? The York County Area Agency on Aging Volunteer Coordinator, Evelyn Godsey will be at various libraries in the community to speak with interested individuals one-on-one about the many York County Area Agency on Aging volunteer programs.

Individuals interested in volunteering are invited to stop by one of the following locations to meet and speak with Evelyn:

**Arthur Hufnagel Public Library**  
32 Main Street, Glen Rock  
Wednesday, June 8 from 1:00 p.m. – 3:30 p.m.

**Kreutz Creek Valley Library Center**  
66 Walnut Springs Road, Hellam  
Friday, June 17 from 3:00 p.m. – 5:00 p.m.

**Collinsville Community Library**  
2632 Delta Road, Brogue  
Thursday, July 7 from 3:00 p.m. – 5:30 p.m.

Studies indicate that the benefits of volunteering include improved physical and mental health, lower rates of depression, and higher levels of happiness, self-esteem and life satisfaction. So what are you waiting for!

For more information contact Evelyn Godsey, Volunteer Coordinator, at (717) 852-4902 ext. 338 or 1-800-632-9073, or by email [EVGodsey@yorkcountypa.gov](mailto:EVGodsey@yorkcountypa.gov). Volunteer applications can be downloaded from the Forms and Documents page of the website at [www.ycaaaa.org](http://www.ycaaaa.org).



# Pennsylvania Authorizes ABLE Accounts

By: **ROBERT CLOFINE**  
**Certified Elder Law Attorney in York**

In December 2014, the Federal government passed a law known as the Achieving a Better Life Experience Act (ABLE Act). The law permits each of the states to create ABLE tax-free savings account programs for disabled persons. As of this writing, 45 states have adopted laws establishing ABLE programs, including Pennsylvania when Governor Wolf signed the PA ABLE Act on April 18, 2016.

Even though most of the states have enacted laws authorizing ABLE accounts, no state is yet to actually offer the account. It looks like Nebraska will be first to make them available nationwide beginning June 30, and Pennsylvania is projecting that PA ABLE program will be up and running by the end of 2016. To get updates on when Pennsylvania's accounts will be available go to this link: <http://pa529.com/able.html>. As discussed below, Pennsylvania's program has some attractive features, so Pennsylvania residents will want to consider using our program even though it may be some time before it is actually available.

The main benefit of the ABLE account is that funds in the account will be exempt when considering the beneficiary's eligibility for needs-based government help like Supplemental Security Income (SSI) or Medicaid. This means disabled people will be able to accumulate significant savings without jeopardizing their government benefits. In this sense, the ABLE account will be an alternative to a Special Needs Trust or Pooled Trust. However, the

qualifying disabled person can have only one ABLE account, and ABLE accounts are only available to individuals who became blind or disabled before they reached age 26. There is a move, however, to increase the age of disability onset to 46.

An ABLE account is owned by the disabled individual, but can be established by a parent or another acting on behalf of the disabled eligible. Once established, anyone can contribute to the account, but no more than \$14,000 (this amount is tied to the annual gift tax exclusion and will be indexed for inflation) can be contributed to the account each year. Each state will have its own limit on the total amount that can accumulate in the ABLE account. Pennsylvania's limit will be a hefty \$452,210. However, for individuals with disabilities who are recipients of SSI, the ABLE Act sets some further limitations. The first \$100,000 in ABLE accounts would be exempted from the SSI \$2,000 individual resource limit. If an ABLE account exceeds \$100,000, the beneficiary's SSI cash benefit would be suspended until such time as the account falls back below \$100,000. It is important to note that while the beneficiary's eligibility for the SSI cash benefit is suspended, this has no effect on their eligibility for Medicaid.

Like an IRA or 529 college savings account, another benefit of the ABLE Account is that the earnings on the account are not subject to federal income tax. In addition, the PA ABLE account will not be subject to Pennsylvania state income tax or inheritance tax. There is also a bill pending that would provide for a Pennsylvania state income tax deduction for

contributions to a PA ABLE account.

Also like 529 college savings account, withdrawals from the ABLE account are not taxable if used to pay "qualified disability expenses." This may include education, housing, transportation, employment training and support, assistive technology, personal support services, health care expenses, financial management and administrative services and other expenses which help improve health, independence, or quality of life.

Perhaps the biggest negative of the ABLE account is the so-called "Medicaid payback." This means that upon the death of the ABLE beneficiary, the state in which the beneficiary lived may file a claim against the account to recover all funds the state spent on the beneficiary through the state's Medicaid program. While allowing the state to make such a claim is part of the federal law, Pennsylvania's ABLE law says that, unless prohibited by federal law, upon the death of the disabled beneficiary, the account will be paid to his or her estate, and the Commonwealth is prohibited from making a claim against the account. Whether this provision will be in compliance with federal law remains to be seen.

Like every other estate planning option, the ABLE account won't be for everyone. Placing funds in a Special Needs Trust or Pooled Trust may be a better option for many. The ABLE account is, however, a welcome tool that provides an inexpensive and tax efficient way to set funds aside for certain disabled individuals without causing them to lose their government benefits.

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## READY TO TRAVEL?

By: **Judy Wolfman**  
**Author/ Storyteller/ Performer**

The snow has disappeared from my lawn, and I'm ready to take a trip, and I bet you are too!

Before you pack your bags, check out these tips to make sure you are ready – whether traveling by car or plane.

### Traveling by Car

- Hand wipes or sanitizer to keep your hands clean when water is unavailable.
- Tissues – pocket packs are handy and quick and easy to use.
- Bottled water – to keep you refreshed and hydrated.
- Maps – road maps for your trip, a map of your state, local maps. If you have one, and can use it, go for a GPS (Global Positioning System).
- Cell phone – if you don't have one, get one for the trip. It's a good investment.
- Pillow case – helps bring your home with you when you place it over the hotel pillow.

- Bag of essentials – for unexpected overnight trips, have duplicates of your makeup, toiletries, and extra clothes easy to grab.
- Emergency contact information – stash a list of everyone you would want to contact in your glove compartment.
- First aid kit – keep all of the basics in a small box.
- Promo materials and products – good to have some packed ready to use.
- Having AAA or other road service is important to consider – it is a must in case of an emergency.

### Care of Your Car

- A few days before you leave, check everything about your car – oil, fluids (windshield wiper, brake, power steering, etc.) Replenish if necessary.
- Tires – check the tread, balance, align, enough air.
- Check windshield wipers, lights, brakes, and odometer – make sure all of these are in good working order.

- Jumper cables and flashlight – have both of these handy for an emergency situation.
- Important information – registration, insurance card, auto manual – keep in the glove compartment.
- A tune-up might be a good idea if you haven't had one in a while.

### Traveling by Plane

- The clothing you will need should go in your main suitcase – underwear, tops, slacks, dresses, footwear, pajamas, sports clothing, toiletry essentials, etc.
- In the carry-on pack your medications and vitamins, ID papers, emergency contact information, chewing gum, phone card, reading material, day-timer organizer or note pad and pen.
- Pack smart – make sure you are packing what you need and what is essential to you. Avoid packing items that could potentially get you into trouble!

Whew! Check your lists knowing you are ready to go! Now, sit back, relax, and have a great trip!

## 33<sup>rd</sup> Annual Pennsylvania Senior Games

### Forever Young – Forever Sport

Keystone State Games Inc. will conduct the 2016 Pennsylvania Senior Games this summer in the Greater York Area during the week of July 27 - 31, 2016.

Participants will compete for gold, silver and bronze medals, and also have the opportunity to qualify for the National Senior Festival which will be hosted in Birmingham, Alabama, June 2-15, 2017. Visit their website at [www.nsga.com](http://www.nsga.com) for qualifying events and more information.

Athletes who are 50 years of age or older as of December 31, 2016, may participate. Age groups for National Senior Games Association qualifying sports are 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100+ for both males and females. All other sports will have 10 year age divisions.

Registration for the PA Senior Games can be completed online at [www.keystonegames.com](http://www.keystonegames.com), or, the registration form can be downloaded from the website and mailed with the payment to Keystone State Games, Inc., PO Box 1166, Wilkes-Barre, PA 18703-1166.

For more information about the PA Senior Games contact Mike Galli, PA Senior Games Liaison at [mike@ksgoffice.com](mailto:mike@ksgoffice.com) or (570) 479-6823.



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## Be Prepared for Summer Heat Waves

Did you know? Cooling and heating your home uses more energy and energy dollars than any other system in your home. Follow these simple and practical tips from the Pennsylvania Public Utility Commission to conserve energy, save on your utility bills and stay cool during the hot summer months.

### 10 Easy Ways to Stay Cool & Conserve Energy

- In hot, humid summer months set your thermostat at 78 degrees when you are home and 85 degrees or off when you are away.
- Keep drapes closed and shades drawn. The amount of energy required to cool your home will be considerably less.
- Replace filters monthly for maximum benefit and check air and return vents on a regular basis to keep circulation air paths clear.
- Request a "home energy audit" from your local utility to identify any areas where energy is being lost and to find out ways to save on your heating and cooling bills.
- Clothes dryers and dishwashers produce a lot of heat. Use them in the early morning or late evening, not in the heat of the day.
- Use only lights and appliances you really need. Even a basic light bulb can add heat to a room.
- Use a microwave oven instead of a conventional range or oven.
- Wash full loads of clothes in cold water whenever possible and avoid over-drying.
- Relax in rooms that do not receive direct sunlight or stay on the lowest floor of your home.
- Air leaks waste energy dollars year-round. Caulking and weather-stripping will help keep cool air in.

Did you know? In a normal year, about 175 Americans succumb to the demands of summer heat. Follow these health and safety

tips to reduce your risk of experiencing a heat-related illness.

### 10 Easy Ways to Stay Healthy & Safe

- Older adults and people with chronic health problems should stay indoors during a heat wave and in the coolest available place.
- Spend some time in air conditioning, if possible. Even just two hours a day in air conditioning can significantly reduce the risk of a heat-related illness.
- Strenuous activity should be reduced, eliminated or rescheduled to the coolest time of the day.
- Avoid overexposure to sunlight. If you must be out in the sun, use sunscreen and wear a hat.
- Drink plenty of water even if you don't feel thirsty. Your body needs water to keep cool.
- Avoid alcoholic beverages and beverages with caffeine such as coffee, tea and cola. They make the heat's effects on your body worse.
- Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy and help your body maintain normal temperatures.
- Don't leave children, older adults or pets in a closed vehicle – even for a few minutes. Temperatures inside a closed vehicle can reach 140 to 190 degrees within 30 minutes on a hot day.
- Eat small meals and eat more often. Avoid foods that are high in protein, which increase metabolic heat and increase water loss.
- Avoid using salt tablets unless directed to do so by your physician

*Source: PA PUC Office of Communications*

## Keep Your Cool This Summer

(cont. from pg. 1)

### Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. It is the body's response to an excessive loss of the water and salt contained in sweat. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment.

Warning signs of heat exhaustion include the following:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting

The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing

will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke. Seek medical attention immediately if any of the following occurs:

- Symptoms are severe
- The victim has heart problems or high blood pressure

Otherwise, help the victim to cool off, and seek medical attention if symptoms worsen or last longer than one hour.

Cooling measures that may be effective include the following:

- Cool, nonalcoholic beverages
- Rest
- Cool shower, bath, or sponge bath
- An air-conditioned environment
- Lightweight clothing

Remember to "keep your cool" this summer!

*Source: CDC*





There are many scams out there that can ensnare even savvy consumers. Many are designed specifically to target seniors. Scammers are professional liars and can be very convincing. They may contact you through the mail, email, social media, on-line dating sites, on the phone, or even in public. This guide will help you learn to recognize common warning signs of scams and simple steps that you can take to protect yourself.

### IS IT A SCAM?

1. Is the sales person using high pressure sales tactics? Scams often say things like, “Act Now!”, “Time is running out!”, “This is a onetime offer!”
2. Are you being asked to pay upfront fees? Lottery and sweepstakes scams often employ this tactic. If you really won something the fees can be taken out of your winnings.
3. Are you being told that you won a contest that you didn’t enter? Lottery and sweepstakes scams almost always start this way. You can’t win a contest that you didn’t enter.
4. Have you been scammed in the past? Often scam victims have their personal contact information sold to other con artists. You may get unsolicited calls from people promising to get your money back or provide other remedies or offers. These ‘offers’ can be scams too. Beware!

## PROTECT YOURSELF FROM SCAMS

5. Did you receive unsolicited mail, emails, or phone calls for services that you were not seeking? Research the companies that you want to employ. Many scams begin with someone knocking on your door offering services, or sending out promotional materials. This often happens in the case of home repair scams.
6. Are you being contacted by the police over the phone? Verify that they are who they say they are. Some scams begin with a person pretending to be a police officer who tells you that they are concerned that you have been a victim of a crime. They then proceed to solicit your personal information. In truth, the police will contact you in person if they have questions for you or believe that you have been a victim of a crime.

### HOW TO PROTECT YOURSELF

1. Sign up for the Do Not Call Registry at <https://www.donotcall.gov>.
2. When no longer needed, shred junk mail, old bills, bank statements and any other documents that have personal identifying information.
3. Don’t give out personal information over the phone unless you originated the call and you know with whom you are talking. Particularly safeguard your social security number.
4. It is ok to be rude. If a sales person calls you or comes to your door who does not seem to be taking no for an answer, it is ok to terminate the conversation. Hang up the phone or close the door. You don’t have to let yourself be pressured into anything.
5. Never sign something that you don’t understand. Have a trusted and unbiased professional assist you when entering contracts or signing legal documents.

6. If you hire someone for personal assistance services, in-home care services, etc. ensure that they have been properly screened with criminal background checks completed.
7. Learn about scams and stay informed
  - Sign up for AARP’s Fraud Watch: [https://action.aarp.org/site/SPageNavigator/FWN\\_Registration\\_Page.html](https://action.aarp.org/site/SPageNavigator/FWN_Registration_Page.html)
  - Check out AARP’s interactive national fraud map: <http://action.aarp.org/site/PageNavigator/FraudMap.html>
  - Consumer Financial Protection Bureau offers information and tools for older Americans: <http://www.consumerfinance.gov/older-americans>
  - The Financial Fraud Enforcement Task Force offers resources and reports to help protect yourself against common types of frauds and scams: <http://www.stopfraud.gov/protect.html>
  - Stay alert to common frauds and scams by checking consumer protection sites such as [www.Fraud.org](http://www.Fraud.org)
  - External Web Site Policy and FBI Common Fraud Schemes: <http://www.fbi.gov/scams-safety/fraud/fraud>

Source: ACL, Administration for Community Living



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1500 Memory Ln Ext, York, PA 17402

### Pennsylvania Assistive Technology Foundation (PATF)



Pennsylvania Assistive Technology Foundation (PATF) is a non-profit organization that provides financial education and low-interest loans to people with disabilities and older Pennsylvanians, helping them to acquire the assistive technology devices and services that improve the quality of their lives. PATF is committed to helping people live independently and provides information and referral services to help fill the assistive technology funding gaps.

Assistive technology (AT) is any device that helps a person with a disability or an older Pennsylvanian achieve a more independent and productive life. Examples of AT include, but are not limited to: hearing and

vision aids; scooters; lift chairs; stair glides; hand-controls and lowered floors for cars and vans; ramps, grab bars, and widened doorways for homes; and iPads and computers with special software and/or hardware, among others.

PATF helps people of all income levels and all ages get the AT they need—any Pennsylvanian with a disability or older person who needs assistive technology is eligible to apply for a low-interest loan from PATF.

#### Contact Us:

Toll Free: 1-888-744-1938  
Voice: 1-484-674-0506  
Fax: 1-484-674-0510  
Address: 1004 West 9th Avenue,  
King of Prussia, PA 19406  
Website: [www.patf.us](http://www.patf.us)  
Email: [patf@patf.us](mailto:patf@patf.us)

# StAGEs

There's something funny going on at DreamWrights. StAGEs, a theater arts program designed specifically for the 55 and over crowd, is entertaining, challenging, and has intriguing participants. StAGEs is designed to support older adults' healthy and positive aging through a participatory theatre arts experience. Among the program's goals are skill mastery and social engagement – fundamental components that address learning principles for older adults. Inspired by the National Council on Creative Aging (NCCA), StARTSomething and DreamWrights have partnered to offer this unique theater arts program.

Led by NCAA-trained theatre artists, Christina Myers and Luke MacCloskey, the StAGEs group has been experimenting with theatrical techniques to play games, tell stories, create plot and characters, and build new friendships. No experience is necessary to join. Meet new people, make art, and enjoy the benefits of "creative aging."

DreamWrights will pilot a summer series that will have a scene study focus and will incorporate an intergenerational component, some script-scene study work, and improv. Again, funding secured through a Creative Impact Award from the Cultural Alliance will help to support this program.

This summer session will begin July 26 and run for eight sessions, on Tuesday and Thursday afternoons, until August 18. Accommodations will be provided for those with physical limitations and/or stage fright. Enrollment is limited to 20 participants with a nominal fee of \$5 per session. Full scholarships are available upon request. StAGEs will meet at DreamWrights, 100 Carlisle Avenue, York. DreamWrights is handicapped accessible with free, off-street parking. For more information or to register, please call DreamWrights at (717) 848-8623 x221. Mark your calendars now for the fall StAGEs series that runs 12 sessions from September 26 through November 3. More details to come.

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## Medicare Can Be Confusing!

Are you near retirement or recently retired, and confused about choosing Medicare plans? We can help! **Attend this free seminar** to get the facts and learn to better navigate the Medicare system. It will be held on Tuesday, July 12 from 6 p.m. to 9 p.m. in Meeting Room 1 of the Penn State Extension Offices. The Penn State Extension Offices are located in the York County Annex, 112 Pleasant Acres Road in Springettsbury Township.

This free event will be presented by the York County Area Agency on Aging APPRISE Program. Seminar topics include:

- Review of benefits provided under Medicare
- Original Medicare and Medicare Advantage Plan coverage options
- Medicare prescription drug coverage and tools to navigate the "Drug Plan Finder"
- Medicare Savings Programs
- Medicare Preventive Services
- Supplemental Insurance/Medigap Plans
- MyMedicare.gov and other technological tools

Pre-registration is required as seating is limited. Please call (717) 771-9008 or 1-800-632-9073 for registration and further information. Registration can also be completed online by selecting July 12 on the York County Area Agency on Aging's Calendar of Events, available at [www.ycaaa.org](http://www.ycaaa.org).

## New Site Added for APPRISE Counseling

APPRISE counselors are able to answer questions about Medicare, Medicaid, Medigap, Medicare Advantage plans and the prescription drug program. A new site has been added for APPRISE counseling from January through September, in addition to the other eight community sites previously listed in the Spring issue of the *New Horizons*:

- **Yorktown Senior Center**  
509 Pacific Avenue, York  
Third Tuesday of the month

**To schedule an appointment for one-on-one counseling call the APPRISE Help Desk at (717) 771-9008 or 1-800-632-9073.**

## Do You Have Medicare?



### Do you want to know if you are eligible to save some money?

The APPRISE Program wants to make sure you and your loved ones who have Medicare know about the Extra Help and Medicare Savings Programs.

**Extra Help** can help lower your prescription co-payments and premiums and cover the cost of the coverage gap ("donut hole"):

- If you are **single** and have a **total monthly** income of less than \$1,505/month; and less than \$13,640 in resources,
- If you are **married** and have a **total monthly** income of less than \$2,023/month; and less than \$27,250 in resources.

**Medicare Savings Program** can help you with the payment of your Part B premium and possibly with the payment of your Medicare Part A and Part B cost-sharing:

- If you are **single** and have a **total monthly** income of less than \$1,357/month; and less than \$7,280 in resources,
- If you are **married** and have a **total monthly** income of less than \$1,823/month; and less than \$10,930 in resources.

Individuals could have higher income and resources than those listed because the Department of Human Services (DHS) may not count all of their income and assets.

The Department of Human Services (DHS) will not count certain assets at all when determining eligibility for the Medicare Savings Program. Those that are **not** counted include:

- The person's residence and the property surrounding it
- One motor vehicle
- Burial plots and
- Prepaid burial accounts also called irrevocable burial reserves.

Applications for this program are available online at [www.compass.state.pa.us](http://www.compass.state.pa.us) or by contacting the APPRISE Program of the York County Area Agency on Aging at (717) 771-9008 or 1-800-632-9073. There is NO COST for the APPRISE Program's help or for enrollment into these programs.



# YORK COUNTY SENIOR CENTERS

Senior centers are a place for socialization, health promotion, learning, and a gateway to fun, friends and fulfillment! York County residents age 60 and older are welcome to visit a center in their area and enjoy the many activities available to them. Listed below is the contact information for York County senior centers:

## **CRISPUS ATTUCKS ASSOCIATION**

605 South Duke St., York  
Director: Robin Beatty-Smith  
Phone: 848-3610  
Hours: Monday-Friday, 9:00 AM - 4:00 PM  
Website: [www.crispusattucks.org](http://www.crispusattucks.org)

## **DELTA AREA SENIOR CENTER, INC.**

5 Pendyrus St., Suite 1, Delta  
Director: Kim Maglaughlin  
Phone: 456-5753  
Hours: Monday- Friday, 7:00 AM -2:00 PM  
Website: [www.deltaseniorcenter.com](http://www.deltaseniorcenter.com)

## **DILLSBURG SENIOR ACTIVITY CENTER, INC.**

1 North Second St., Dillsburg  
Director: Scott Shughart  
Phone: 432-2216  
Hours: Monday- Friday, 8:00 AM- 3:00 PM

## **HERITAGE SENIOR CENTER, INC.**

3700-4 Davidsburg Road, Dover  
Director: Emma Crossley  
Phone: 292-7471  
Hours: Monday- Friday, 8:00 AM- 3:00 PM  
Website: [www.heritagesrcenter.org](http://www.heritagesrcenter.org)

## **NORTHEASTERN SENIOR COMMUNITY CENTER**

P.O. Box 386  
131 Center St., Mount Wolf  
Director: Deb Davis  
Phone: 266-1400  
Hours: Monday-Friday, 8:00 AM –2:00 PM  
Website: [http:// www.mtwolf.org/SeniorCenter/](http://www.mtwolf.org/SeniorCenter/)

## **RED LAND SENIOR CENTER, INC.**

736 Wyndamere Road, Lewisberry  
Director: Jen Washburn  
Phone: 938-4649 or 938-4640  
Hours: Monday through Friday, 8:30-3:00 PM  
Website: [www.redlandseniorcenter.org](http://www.redlandseniorcenter.org)

## **RED LION SENIOR CENTER, INC.**

20-C Gotham Place, Red Lion  
Director: Heather Goebeler  
Phone: 244-7229  
Hours: Monday-Friday, 7:30 AM-2:30 PM  
Website: [www.redlionseniorcenter.com](http://www.redlionseniorcenter.com)

## **SEPTEMBER HOUSE SENIOR CENTER**

1251 West King St., York  
Director: Susan K. Jones  
Phone: 848-4417  
Hours: Monday-Friday, 8:00 AM- 4:00 PM

## **SOUTH CENTRAL YORK COUNTY SENIOR CENTER, INC**

150 East Main St., New Freedom  
Director: Sandy Wehr  
Phone: 235-6060  
Hours: Monday- Friday, 8:00 AM-3:00 PM  
[www.southcentrallyorkcountysrctr.webs.com](http://www.southcentrallyorkcountysrctr.webs.com)

## **STEWARTSTOWN SENIOR CENTER, INC.**

26 South Main St., Stewartstown  
Director: Rosie Horton  
Phone: 993-3488  
Hours: Monday-Friday, 8:30 AM-3:00 PM  
Website: [www.stewsenior.org](http://www.stewsenior.org)

## **SUSQUEHANNA SENIOR CENTER**

2427 Craley Road, Wrightsville  
Director: Trena Howard  
Phone: 244-0340  
Hours: Monday-Friday, 8:00 AM – 2:30 PM  
Website: [www.susquehannaseniorcenter.org](http://www.susquehannaseniorcenter.org)

## **WHITE ROSE SENIOR CENTER**

27 South Broad St., York  
Director: Lisa Krout  
Phone: 843-9704  
Hours: Monday-Friday, 8:00 AM- 4:00 PM  
Website: [www.whiteroseseniorcenter.org](http://www.whiteroseseniorcenter.org)

## **WINDY HILL ON THE CAMPUS**

1472 Roth's Church Road, Suite 103, Spring Grove  
Director: Tammy Miller  
Phone: 225-0733  
Hours: Monday-Friday, 8:30 AM- 2:30 PM  
Website: [www.windyhillonthecampus.org](http://www.windyhillonthecampus.org)

## **YORKTOWN SENIOR CENTER**

509 Pacific Avenue, York  
Director: Jennifer Stitzel  
Phone: 854-0693  
Hours: Monday- Friday, 8:00 AM- 3:00 PM  
Website: [www.yorktownseniorcenter.org](http://www.yorktownseniorcenter.org)

## WHAT IS WEATHERIZATION?

The York County Weatherization Program is designed to help people who have a limited income lower their fuel bills, save energy and have more comfortable homes in the process.

Services include attic and basement insulation, hot water heater and pipe insulation, window and door weather-stripping, caulking, broken glass replacement and glazing. Also, as part of the Weatherization Program, your furnace and water heater will be tested for its efficiency and safety. Inefficient or unsafe furnaces **may** be repaired or replaced and/or you may be referred to an agency that will assist in repairs or replacement. All work is done on an as-needed basis. The program also provides education on ways you can use and save energy wisely.

The Weatherization Program has offered these services since 1972 and more than 10,000 families have benefited from taking part in it. Funding for the program is provided by the State and Federal government, through the Department of Energy and the Department of Health and Human Services, and the County of York through the York County Planning Commission.

The work is done for those eligible free of charge and no lien is filed against your home. Homes which have been previously served are not eligible for re-service. Both

homeowners and renters are eligible to apply for Weatherization services. Renters need to have the consent of their landlord to participate.

Any York County homeowner or tenant whose income meets the following guidelines can apply for the Weatherization Program.

Household size	Income
1	\$23,760
2	\$32,040
3	\$40,320
4	\$48,600
5	\$56,880
6	\$65,160
7	\$73,460
8	\$81,780

We all need to conserve energy, and it's very helpful to be able to save money at the same time. Weatherization can do both while helping to make your home warmer in winter and cooler in summer. To apply for the Weatherization Program call the York County Planning Commission at (717) 771-9870, and press option 2.

# Sharing Family Traditions and Stories



Every family has unique and treasured family traditions and stories. The oldest members of extended families are often the keepers of these riches and pass them from generation to generation. The greater the connection with the generations that came before, the more

traditions and stories there are to share with the next generation.

Family traditions vary from culture to culture and family to family. They may include recipes, holiday celebrations, songs, books, or games. These traditions are the legacy one generation can leave for the next. But traditions can mean so much more, when the older members of the family share the stories behind the traditions and the reasons why the family tradition exists. Family stories help to provide valuable perspective and understanding of the past and the present, as well as strengthen family ties across the ages. One way to capture these stories is through oral history.

Oral history is a method of gathering and preserving historical information through interviews. For families, it is a wonderful way for young people to interview older relatives about their personal stories, family history, and cultural traditions. Through oral history interviews and conversations, older relatives give children a better understanding of who they and their family are and the forces that shaped the family's identity. Children and youth give older relatives love, time, and the knowledge that they and their experiences are valued.

Sharing stories through oral history is also fun, but preparation is needed to make sure it is successful. Make sure to take time to prepare, plan questions in advance, respect the schedules and privacy of older relatives, and think ahead about ways to help the older relatives feel comfortable talking about the past. Older children and youth should take notes and following the interview, write down the stories they learned from their older relatives. Younger children can draw pictures or make collages illustrating the stories they heard. Young people can tap into their creativity by composing poems, songs, or skits based on their conversations with older relatives. The whole family can get involved by performing the song, skit, or play that portrays the family stories.

## Tips for Oral History:

- Plan conversations around an older relative's schedule and what times of the day are best.
- Find an activity to do together while talking - cooking, cleaning, gardening, taking a walk, or playing a game.
- Use a 20th century timeline as a conversation starter and to spark children's interest.
- Make a list of questions - see sample list. Give children and young people the opportunity to develop their own questions. Having questions on hand during the interview can serve as a reminder of subjects to cover and help to revive a conversation if it starts to slow down. Questions should be simple and planned around family or historical events. Ask how things looked, smelled, and sounded. Children should know that they can skip questions and ask questions not on the list during the interview.
- Think about using meaningful objects to help get the conversation going - photos, books, quilts, and other family heirlooms.
- Think about other things older relatives can share - songs, recipes, poems, jokes, family sayings, letters, and newspaper clippings.
- Make sure to have all necessary equipment before starting - pen, pencils, crayons, paper, and tape recorder, if using one. Consider using a tape recorder or video camera to record the conversation - make sure the older relative is comfortable with recording before starting. Make sure all equipment works and bring extra batteries and tapes.
- Enlist the help of other relatives - siblings, cousins, parents, aunts, and uncles.
- Remember to thank the older relative for taking the time and energy to share valuable family stories.

**York County Area Agency on Aging**  
**100 W. Market Street**  
**York, PA 17401**  
**(717) 771-9610**

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## Sample Questions for Children and Youth to Ask Older Relatives:

- Where were you born?
- Where did you grow up? What was it like?
- How many brothers and sisters did you have?
- Where did you go to school? What was it like?
- What subjects were you good at in school?
- What was your favorite thing to do with your family when you were my age?
- What kind of games did you play?
- Who did you play with?
- What was your house like?
- What was your favorite food?
- What were holidays like in your family?
- What kind of chores did you do?
- Did you have pets?
- What was your first job?
- What is your earliest memory?
- What was your favorite possession/toy/gift someone gave you?
- How did you meet your husband/wife?
- Where were your mom and dad born? What is the bravest thing you ever did?
- What is the scariest thing you ever had to do?
- Who do I remind you of in the family?
- If you could be any age again what age would you chose? Why?
- What do you like the best about this time in your life?

For additional information on multigenerational families or grandparents and other relatives who are raising children, visit the Generations United website at [www.gu.org](http://www.gu.org).

Source: American Family, Journey of Dreams, The Generation Gap; Courtesy of Generations United; PBS © 2004 Public Broadcasting Service. All Rights Reserved.